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Introductions and Beginnings

Another Feng Shui Book. Who Cares?

If I had to guess right now, I'd say that you care. You care about yourself and your home and your life, and you're looking for ways to improve them. So you've picked up this book to see if it might help to give you some new ideas.

I know what you're thinking: *Another feng shui book. . . . What makes this one any different from the rest? And if I didn't understand the other ones, how and why will I understand this one?*

You'll understand this book because I understand your concerns. I also understand your confusion. When I first began studying feng shui, I was so confused at times that it scared me. *If this book tells me to do one thing, I thought, but this book tells me to do another, which one is right? If I do the wrong thing, I could really mess up my chi—not to mention my life!*

Every time I read a new book, I became even more confused. There were so many times when I wanted to give up, yet something compelled me to keep searching. Instinctively I knew that my environment does indeed affect my life. On a very basic level, I can feel it when sunny days entice me to get outside and get moving. I also can feel it when rainy days persuade me to stay in and rest.

So I kept on studying and experimenting. And before too long, I began experiencing some amazing changes in my life. *There really is something to this, I thought, and I'd like to share it with people.* So I studied feng shui formally and became a practitioner. Yet that didn't seem like enough. I could work with individuals during my consultations, but I wanted to work with groups. Since I hold degrees in Education, I decided to teach feng shui. I've taught workshops and classes in a variety of settings, including bookstores, hospitals, yoga studios, and wellness centers. I even offer a class in my home so I can use it as a working model. And believe me, that work is always in progress! Every time I teach a class, I discover new ways to look at my home and re-adjust its energy.

So . . .

Out of my workshops and classes came the contents of this book. It's as clear and uncomplicated as I could make it, yet it's a very powerful tool. What makes it so powerful is *your* input and intentions. *This book will work for you because you're going to write it with me.* As your ideas take form on its pages, your intentions will spring to life. As you review what you've written on these pages, you'll begin to view things differently. You'll begin to change your mind. And the new thoughts that you'll have about yourself and your environment will begin to change your life.

So if you're ready to begin, terrific! Grab a pen or a pencil and get started by examining your thoughts about feng shui. Don't worry if you don't know a lot right now. It's your willingness to explore that matters. Just write whatever comes to mind. Then let this book and your inner knowing guide you on your way. . . .

Getting To Know Your Home

Now that you know which parts of your home fall inside which guas, you can study the energy of your home one gua at a time. The order to follow is up to you. For example, you can follow the order presented in this book, or you can begin with the guas that relate to the goals that you starred (*) on page 18. Before you begin studying individual guas, though, it's a good idea to look at the place where energy enters your home: your front door, or "mouth of chi."

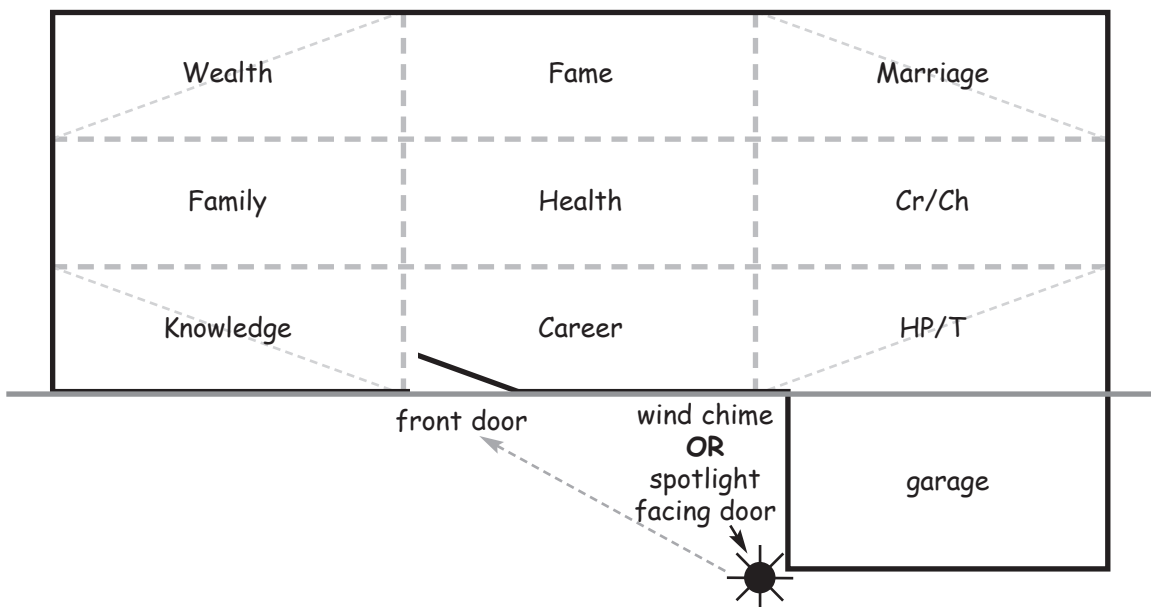
Starting at Your Front Door, or "Mouth of Chi"

Even if you enter and leave your home through your garage or back door every day, your architectural front door is still considered your home's mouth of chi. That's because your front door lets in vital, nourishing energy and all of the good things that come with it: good luck, abundance, vibrant health, and happy and harmonious relationships.

To help you understand the importance of your home's mouth of chi, here's a scenario. Imagine that the Chi Prize Patrol—Mr. Luck, Mrs. Goodhealth, Mr. Right, and Ms. Moneybags—are visiting your block and will soon be moving in with one lucky family. How will you get them to choose your house?

Well, the first thing you'll need to do is help them *find* your house. To do that, you must make sure that the path to your front door is attractive, well-lit, and free of obstructions. Cut back any overgrown bushes or tree branches, and remove garbage or clutter from around your front door. Plant flowers along the sidewalk if you'd like, especially if it doesn't curve gently to the front door. The flowers will help slow down your "chi visitors" so they don't bowl you over when you answer the door.

If your front door is difficult to find because the garage juts out in front of it, try hanging a wind chime or a spotlight from the corner of the garage roof to attract your visitors and guide them to the front door. (See diagram below for placement.) The spotlight can also be placed on the ground. Either way, shine it at your front door.



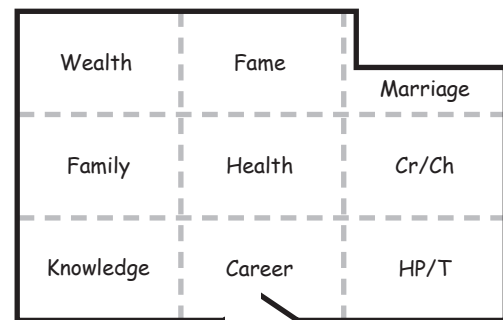
Watching People's Language

And now for those metaphorical situations! If you've ever been told to "watch your language," you knew that it wasn't meant literally: You weren't really being told to look at the words as they were coming out of your mouth. In the context of the following scenarios, however, I am going to ask you to "watch" these clients' words, both literally and figuratively. First, I'd like you to "watch" (read) the figurative language that they use to describe what's going on in their lives. Next, I'd like you to "watch" (look at) how the clients' words are literally reflected in the layout of each of their homes. Then at the end of each scenario, I'll present some options for improving the clients' "fluency," again both literally and figuratively.

Something's Missing

Something's missing in our marriage. Soon after we moved here, our relationship began to change. Now the romance and playfulness have all but disappeared, and in their place are tension and stress. We used to have a wonderful marriage. But now it feels more like a business . . . and we're the silent partners.

—Beth and Jack



It took way less than a thousand words to get Beth and Jack's picture! By the metaphors they use and the shape of their scale drawing, it's pretty plain to see that a portion of their Marriage gua (and energy) is missing.

Missing areas are problematic in any home, especially if they span more than one gua. That's because when you have a missing area in your home, you unconsciously use the energy of *your own body* to make up for the energy that's missing. For example, you work lots of overtime to pay your bills; you spend a lot of time mediating family problems in order to keep the peace; you can't find a good sitter or nanny, so you're constantly in the car, chauffeuring your kids here and there. All of these things create drains on your energy and can lead to chronic stress and fatigue.

In the case of Beth and Jack, an uncured missing area in their Marriage gua can lead to many struggles in their marriage, and eventually, separation or divorce. The good news is that if they fill in their missing area and create energetic harmony and wholeness, they will restore the harmony and wholeness in their marriage as well—and with much less time, energy, and effort than they are currently expending.

So how can Beth and Jack cure their missing area? Following are several options.